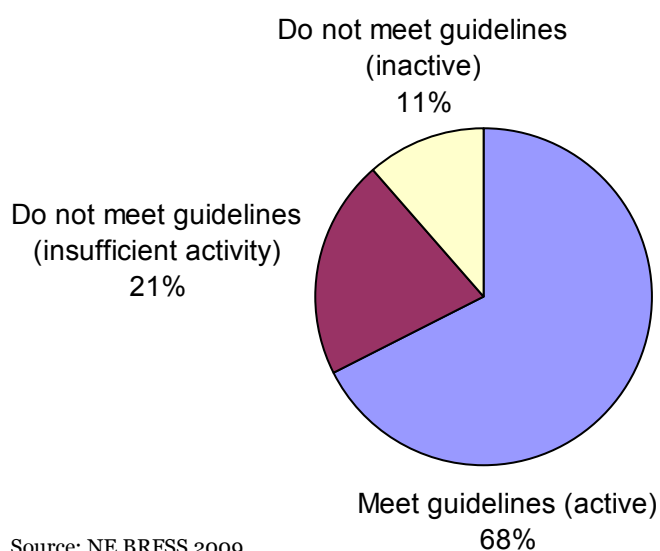


Physical activity among Nebraska adults, 2009

Figure 1: Percentage of Nebraska adults meeting 2008 Physical Activity Guidelines in 2009



Source: NE BRFSS 2009

2008 Physical Activity Guidelines for Americans (adults ages 18-64 years)

Muscle-strengthening activities on 2 or more days **PLUS**
150 minutes per week of moderate physical activity **OR**
75 minutes per week of vigorous physical activity **OR**
An equivalent combination of moderate and vigorous physical activity

“Moderate physical activity” causes *small* increases in breathing or heart rate. A person should be able to talk, but not sing, during the activity.

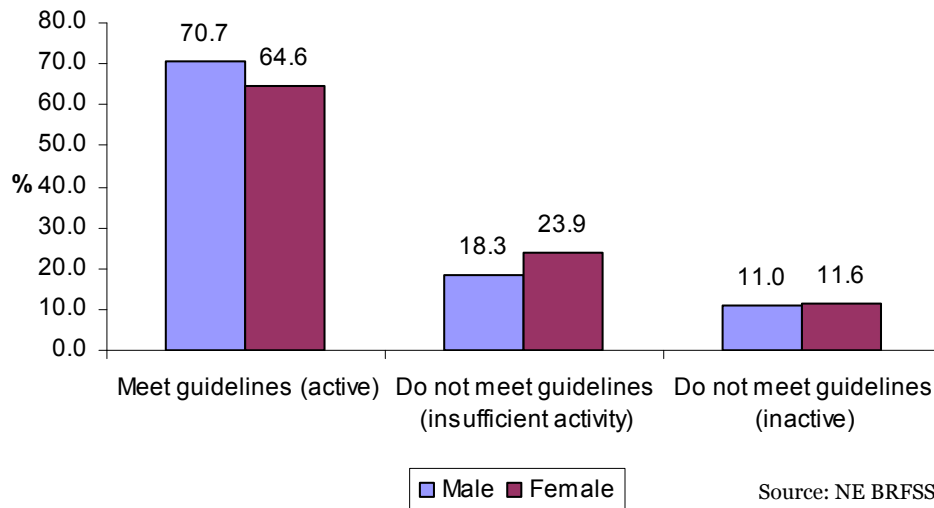
“Vigorous physical activity” causes *large* increases in breathing or heart rate. A person will not be able to say more than a few words without pausing for a breath during the activity.

For more information on the guidelines, visit www.health.gov/paguidelines

Figure 2: Percentage of Nebraska adults meeting 2008 Physical Activity Guidelines in 2009, by gender

2009 Nebraska BRFSS Quick Facts :

- Nearly 1 in 3 adults did *not* meet recommended guidelines for physical activity
- Males were slightly more likely to meet recommended guidelines for physical activity than women



Source: NE BRFSS 2009

Regular physical activity can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Examples of Activities

Moderate Intensity

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening



Vigorous Intensity

- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack



Interested in helping to create policies and environments supportive of physical activity in your community?

Check out the Nebraska Physical Activity and Nutrition State Plan!

(available at www.hhs.state.ne.us/hew/hpe/nafh/Docs/PANstateplan.pdf)

For more information about physical activity, or to order color reprints of this report, contact:

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Lincoln, NE 68509-5026
Phone: 402-471-2101
Fax: 402-471-6446
Website: www.dhhs.ne.gov/nafh

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About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from nearly 16,000 BRFSS landline telephone surveys conducted in Nebraska in 2009. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: www.dhhs.ne.gov/brfss